

Ad Maiorem Dei Gloriam

Pilgrim's
Programme



The Flatrock Penitential Pilgrimage

Confiteor Deo omnipotenti ...

www.flatrockpilgrimage.org

Sequence

In this Programme we provide the words for the prayers and hymns of the open-air part of the Pilgrimage.

Words for the Sacred Hymns for the Most Holy Sacrifice of the Mass and Benediction will be provided at the Church.

The Angelus

The Angel of the Lord declared to Mary:

R. And she conceived of the Holy Spirit.

Hail Mary, ...

Behold the handmaid of the Lord:

R. Be it done unto me according to Thy word.

Hail Mary, . . .

And the Word was made Flesh:

R. And dwelt among us.

Hail Mary, . . .

Pray for us, O Holy Mother of God,

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord.

Amen.

Faith of our Fathers

Faith of our fathers, living still,
In spite of dungeon, fire and sword;
O how our hearts beat high with joy
Whene'er we hear that glorious Word!

*Refrain : Faith of our fathers, holy Faith!
We will be true to thee till death.*

Our fathers, chained in prisons dark,
Were still in heart and conscience free;
How sweet would be their children's fate,
If they like them could die for thee!

Refrain : Faith of our Fathers ...

Faith of our fathers, Mary's prayers
Shall bring our country close to Thee;
And through the truth that comes from God,
This land shall then indeed be free.

Refrain : Faith of our Fathers ...

Faith of our fathers, we will love
Both friend and foe in all our strife;
And preach Thee, too, as love knows how
By kindly words and virtuous life.

Refrain : Faith of our Fathers ...

Litany of the Sacred Heart

Lord, have mercy. *Lord, have mercy.*
 Christ, have mercy. *Christ, have mercy.*
 Lord, have mercy. *Lord, have mercy.*
 Christ, hear us.
 Christ, graciously hear us.
 God the Father of Heaven,
 Have mercy on us.
 God the Son, Redeemer of the world,
 Have mercy on us.
 God, the Holy Spirit, ... "
 Holy Trinity, One God, ... "
 Heart of Jesus, Son of the Eternal Father,
 ... *Have mercy on us.*
 Heart of Jesus, formed by the Holy Spirit
 in the womb of the Virgin Mother, ...
 ... *Have mercy on us.*
 Heart of Jesus, substantially united to the
 Word of God, ... *Have mercy on us.*
 Heart of Jesus, of Infinite Majesty, ... "
 Heart of Jesus, Sacred Temple of God, ...
 Heart of Jesus, Tabernacle of the Most
 High, ... *Have mercy on us.*
 Heart of Jesus, House of God and Gate of
 Heaven, ... *Have mercy on us.*
 Heart of Jesus, burning furnace of
 charity, ... *Have mercy on us.*
 Heart of Jesus, abode of justice and love,
 Heart of Jesus, full of goodness and love,
 Heart of Jesus, abyss of all virtues, ... "
 Heart of Jesus, most worthy of all praise,
 ... *Have mercy on us.*
 Heart of Jesus, king and center of all
 hearts, ... *Have mercy on us.*
 Heart of Jesus, in whom are all treasures
 of wisdom and knowledge, ... "
 Heart of Jesus, in whom dwells the
 fullness of divinity, ... "
 Heart of Jesus, in whom the Father was
 well pleased, ... *Have mercy on us.*
 Heart of Jesus, of whose fullness we have
 all received, ... *Have mercy on us.*
 Heart of Jesus, desire of the everlasting
 hills, ... *Have mercy on us.*
 Heart of Jesus, patient and most merciful,
 ... *Have mercy on us.*

Heart of Jesus, enriching all who invoke
 Thee, ... *Have mercy on us.*
 Heart of Jesus, fountain of life and
 holiness, ... *Have mercy on us.*
 Heart of Jesus, propitiation for our sins,
 ... *Have mercy on us.*
 Heart of Jesus, loaded down with
 opprobrium, ... *Have mercy on us.*
 Heart of Jesus, bruised for our offenses,
 ... *Have mercy on us.*
 Heart of Jesus, obedient to death, ... "
 Heart of Jesus, pierced with a lance, ... "
 Heart of Jesus, source of all consolation,
 ... *Have mercy on us.*
 Heart of Jesus, our life and resurrection,
 ... *Have mercy on us.*
 Heart of Jesus, our peace and our
 reconciliation, ... "
 Heart of Jesus, victim for our sins, ... "
 Heart of Jesus, salvation of those who
 trust in Thee, ... *Have mercy on us.*
 Heart of Jesus, hope of those who die in
 Thee, ... *Have mercy on us.*
 Heart of Jesus, delight of all the Saints,
 ... *Have mercy on us.*

Lamb of God, who taketh away the sins
 of the world, ... *Have mercy on us.*
Lamb of God, who taketh away the sins
 of the world, ... *Have mercy on us.*
Lamb of God, who taketh away the sins
 of the world, ... *Have mercy on us.*
 Jesus, meek and humble of heart,
 Make our hearts like unto thine.

Let us pray. Almighty and everlasting
 God, look upon the Heart of Thy most
 beloved Son and upon the acts of praise
 and satisfaction which He renders unto
 Thee in the name of sinners; and do
 Thou, in Thy great goodness, grant
 pardon to them who seek Thy mercy, in
 the name of the same Thy Son, Jesus
 Christ, who liveth and reigneth with
 Thee, world without end. **R. Amen.**

O Sacred Heart, O Love Divine

O Sacred Heart! O Love Divine!
Do keep us near to Thee;
And make our love so like to Thine,
That we may holy be.

*Heart of Jesus hear! O heart of Love Divine!
Listen to our Prayer; Make us always Thine.*

O Temple pure! O House of gold!
Our heaven here below!
What sweet delights, what wealth untold,
From Thee do ever flow.

Heart of Jesus hear! O heart of ... etc.

O Wounded Heart, O Font of tears!
O Throne of grief and pain!
Whereon for the eternal years,
Thy love for man does reign.

Heart of Jesus hear! O heart of ... etc.

Ungrateful hearts, forgetful hearts,
The hearts of man have been,
To wound Thy side with cruel darts
Which they have made by sin.

Heart of Jesus hear! O heart of ... etc.

Litany of Loreto, to the BVM

| | |
|--|---|
| V. Lord, have mercy. | Morning star, ... <i>pray for us.</i> |
| R. <i>Christ have mercy.</i> | Health of the sick, ... <i>pray for us.</i> |
| V. Lord have mercy. Christ hear us. | Refuge of sinners, ... " |
| R. <i>Christ graciously hear us.</i> | Comforter of the afflicted, ... " |
| God the Father of heaven / <i>have</i> | Help of Christians, ... " |
| <i>mercy on us.</i> | Queen of Angels, ... " |
| God the Son, Redeemer of the world/ | Queen of Patriarchs, ... " |
| <i>have mercy on us.</i> | Queen of Prophets, ... " |
| God the Holy Spirit / <i>have mercy on</i> | Queen of Apostles, ... " |
| <i>us.</i> | Queen of Martyrs, ... " |
| Holy Trinity, one God / <i>have mercy</i> | Queen of Confessors, ... " |
| <i>on us.</i> | Queen of Virgins, ... " |
| | Queen of all Saints, ... " |
| | Queen conceived without original sin, |
| Holy Mary, <i>pray for us.</i> | Queen assumed into heaven, ... " |
| Holy Mother of God, <i>pray for us.</i> | Queen of the most holy Rosary, ... " |
| Holy Virgin of Virgins, ... " | Queen of peace, ... " |
| Mother of Christ, ... " | |
| Mother of divine grace, ... " | V. Lamb of God, Who takest away |
| Mother most pure, ... " | the sins of the world, |
| Mother most chaste, ... " | R. <i>Spare us, O Lord.</i> |
| Mother inviolate, ... " | V. Lamb of God, Who takest away |
| Mother undefiled, ... " | the sins of the world, |
| Mother most amiable, ... " | R. <i>Graciously hear us, O Lord.</i> |
| Mother most admirable, ... " | V. Lamb of God, Who takest away |
| Mother of good Counsel, ... " | the sins of the world, |
| Mother of our Creator, ... " | R. <i>Have mercy on us.</i> |
| Mother of our Savior, ... " | |
| Virgin most prudent, ... " | V. Pray for us, O holy Mother of |
| Virgin most venerable, ... " | God. |
| Virgin most renowned, ... " | R. <i>That we may be made worthy of</i> |
| Virgin most powerful, ... " | <i>the promises of Christ.</i> |
| Virgin most merciful, ... " | |
| Virgin most faithful, ... " | Let us pray. Grant, we beseech Thee, |
| Mirror of justice, ... " | O Lord God, that we thy servants |
| Seat of wisdom, ... " | may enjoy perpetual health of mind |
| Cause of our joy, ... " | and body, and by the glorious |
| Spiritual vessel, ... " | intercession of blessed Mary, ever |
| Vessel of honor, ... " | Virgin, may we be freed from present |
| Singular vessel of devotion, ... " | sorrow, and rejoice in eternal |
| Mystical rose, ... " | happiness. Through Christ our Lord. |
| Tower of David, ... " | R. <i>Amen.</i> |
| Tower of ivory, ... " | |
| House of gold, ... " | |
| Ark of the covenant, ... " | |
| Gate of heaven, ... " | |

Immaculate Mary

Immaculate Mary, thy praises we sing,
Who reignest in splendour with Jesus our King.

Ave, Ave, Ave María!
Ave, Ave, Ave María!

In heaven the blessed thy glory proclaim,
On earth we thy children invoke thy fair name.

Ave, Ave, Ave María!
Ave, Ave, Ave María!

We pray for God's glory; may His kingdom
come;
We pray for His vicar, our father, and Rome.

Ave, Ave, Ave María!
Ave, Ave, Ave María!

We pray for our Mother, the Church upon earth,
And bless, dearest Lady, the land of our birth.

Ave, Ave, Ave María!
Ave, Ave, Ave María!

Indulgenced Prayer to St. Joseph

*Ordered by His Holiness Leo XIII, to be said as part
of the Devotions for the Month of October*

To thee, O blessed Joseph, we have recourse in our tribulations, and while imploring the aid of thy most holy spouse, we confidently invoke thy patronage also.

By that love which united thee to the immaculate Virgin Mother of God, and by the fatherly affection with which thou didst embrace the Infant Jesus, we humbly beseech thee graciously to regard the inheritance which Jesus Christ purchased by His Blood, and to help us in our necessities by thy powerful intercession.

Protect, O most provident guardian of the Holy Family, the chosen people of Jesus Christ; ward off from us, O most loving father, all taint of error and corruption; graciously assist us from heaven, O most powerful protector, in our struggle with the powers of darkness; and as thou didst once rescue the child Jesus from imminent peril to His life, so now defend the Holy Church of God from the snares of her enemies and from all adversity.

Shield each one of us with thy unceasing patronage, that, imitating thy example and supported by thy aid, we may be enabled to live a good life, die a holy death, and secure everlasting happiness in heaven.

Amen.

Litany of St. Joseph

- | | |
|---|--|
| <p>V. Lord, have mercy. <i>R. Lord, have mercy.</i></p> <p>V. Christ, have mercy. <i>R. Christ, have mercy.</i></p> <p>V. Lord, have mercy. <i>R. Lord, have mercy.</i></p> <p>V. Jesus, hear us. <i>R. Jesus, graciously hear us.</i></p> <p>V. God, the Father of Heaven, <i>R. Have mercy on us.</i></p> <p>V. God, the Son, Redeemer of the world, <i>R. Have mercy on us.</i></p> <p>V. God, the Holy Spirit, <i>R. Have mercy on us.</i></p> <p>V. Holy Trinity, One God, <i>R. Have mercy on us.</i></p> <p>V. Holy Mary, <i>R. Pray for us.</i></p> <p>V. St. Joseph, <i>R. Pray for us.</i></p> <p>Renowned offspring of David, ... <i>pray for us</i></p> <p>Light of Patriarchs, ... <i>pray for us</i></p> <p>Spouse of the Mother of God, ... "</p> <p>Chaste guardian of the Virgin, ... "</p> <p>Foster father of the Son of God, ... "</p> <p>Diligent protector of Christ, ... "</p> <p>Head of the Holy Family, ... "</p> <p>Joseph most just, ... <i>pray for us</i></p> <p>Joseph most chaste, ... <i>pray for us</i></p> <p>Joseph most prudent, ... "</p> <p>Joseph most strong, ... "</p> <p>Joseph most obedient, ... "</p> <p>Joseph most faithful, ... "</p> | <p>Mirror of patience, ... <i>pray for us</i></p> <p>Lover of poverty, ... <i>pray for us</i></p> <p>Model of artisans, ... <i>pray for us</i></p> <p>Glory of home life, ... "</p> <p>Guardian of virgins, ... "</p> <p>Pillar of families, ... "</p> <p>Solace of the wretched, ... "</p> <p>Hope of the sick, ... "</p> <p>Patron of the dying, ... "</p> <p>Terror of demons, ... "</p> <p>Protector of Holy Church, ... "</p> <p>V. Lamb of God, who take away the sins of the world, <i>R. Spare us, O Lord.</i></p> <p>V. Lamb of God, who take away the sins of the world, <i>R. Graciously hear us, O Lord.</i></p> <p>V. Lamb of God, who take away the sins of the world. <i>R. Have mercy on us.</i></p> <p>V. He made him the lord of his household. <i>R. And prince over all his possessions.</i></p> <p>Let us pray. O God, in your ineffable providence you were pleased to choose Blessed Joseph to be the spouse of your most holy Mother; grant, we beg you, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector: You who live and reign forever and ever. <i>R. Amen.</i></p> |
|---|--|

Hail, Holy Joseph, Hail !

Hail, holy Joseph, hail!
Chaste spouse of Mary, hail!
Pure as the lily flower
In Eden's peaceful vale!
Hail, holy Joseph, hail!
Prince of the house of God!
May His best graces be
By thy sweet hands bestowed.

Hail, holy Joseph, hail!
Comrade of angels, hail!
Assist the hearts that faint
And guide the steps that fail.
Hail, holy Joseph, hail!
God's choice wert thou alone!
To thee the Word made flesh,
Was subject as a Son.

Hail, holy Joseph, hail!
Teach us our flesh to tame,
And, Mary, keep the hearts
That love thy husband's name.
Mother of Jesus! Bless,
And bless, ye saints on high.
All meek and simple souls
That to Saint Joseph cry.

Litany of the Saints

Lord, have mercy on us.

Lord, have mercy on us.

Christ, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Lord, have mercy on us.

Holy Mary, Mother of God.

Pray for us.

St. Michael, ***Pray for us.***

Holy angels of God, ***Pray for us.***

St. Joseph, ... "

St. John the Baptist, ... "

St. Peter and St. Paul, ... "

St. Andrew, ... "

St. John, ... "

St. Mary Magdalene, ... "

St. Stephen, ... "

St. Ignatius, ... ***Pray for us***

St. Lawrence, ... "

St. Perpetua and St. Felicity, ... "

St. Agnes, ... "

St. Gregory, ... "

St. Augustine, ... "

St. Athanasius, ... "

St. Basil, ... ***Pray for us***

St. Martin, ... "

St. Benedict, ... "

St. Francis and St. Dominic, ... "

St. Francis Xavier, ... "

St. John Vianney, ... "

St. Catherine, ... "

St. Theresa, ... ***Pray for us.***

All you saints of God,

Pray for us.

Lord, be merciful,

Lord, save us.

From all harm, ***Lord, save us.***

From every sin, ***Lord, save us.***

From all temptations,

Lord, save us.

From everlasting death,

Lord, save us.

By Your coming among us,

Lord, save us.

By Your death and rising to new
life, ***Lord, save us.***

By Your gift of the Holy Spirit,

Lord, save us.

Be merciful to us sinners,

Lord, hear our prayer.

Guide and protect Your Holy
Church,

Lord, hear our prayer.

Keep our Pope and all the clergy
in faithful service to Your Church.

Lord, hear our prayer.

Bring all people together in trust
and peace.

Lord, hear our prayer.

Strengthen us in Your service.

Lord, hear our prayer.

Amen.

Salve, Regina !

(*We will sing the Latin version.*)

| | |
|--|---|
| Salve Regina, Mater misericordiae: | Hail, Holy Queen, Mother of mercy: |
| Vita, dulcedo, et spes nostra, salve. | Hail, Our life, our sweetness and our hope. |
| Ad te clamamus, exsules filii Hevae. | To thee do we cry, poor banished children of Eve. |
| Ad te suspiramus, gementes et flentes in hac lacrimarum valle. | To thee do we send up our sighs, mourning and weeping in this valley of tears. |
| Eia ergo, Advocata nostra, illos tuos misericordes oculos ad nos converte. | Turn therefore, most gracious advocate, thine eyes of mercy towards us, |
| Et Jesum, benedictum fructum ventris tui, nobis post hoc exilium ostende. | And after this our exile, show unto us the blessed fruit of thy womb, Jesus. |
| O clemens: O pia: O dulcis Virgo Maria. | O clement, O loving, O sweet Virgin Mary, |

Pray for us, O Holy Mother of God

That we may be made worthy of the promises of Christ.

>> N E X T <<

After the *Salve* we take a **group photo** in front of the Shrine, then pilgrims have rest & refreshments in the Community Hall next to the Shrine (where you'll find washrooms).

(Remember to finish your snack in time to keep the hour fast before Holy Communion.)

At **1:30** p.m. our confessors begin hearing confessions in the Church.

During this time the *Chaplet of Divine Mercy* may be prayed in the Church, followed by the **Rosary**.

Some may choose instead to make the *Stations of the Cross*, either in the Church or outdoors, around the Shrine.

Participation in these devotions is optional.

You may prefer to make a quiet, personal Holy Hour before the Blessed Sacrament.

Whatever you choose to do, we ask this :

From 1:30 until Mass begins at 2:30 please observe a '**rule of silence**' within the Church, so that we may call to mind the *penitential character* of our pilgrimage.

FINALLY ...

Until Mass begins, please do NOT occupy any of the first 6 pews nearest the Sanctuary, where there is an 'open' Confession Station. We must ensure our penitents' privacy.

Out of the depths have I
cried to thee, O Lord; Lord,
hear my voice. Let thine ears
be attentive to the voice of
my supplication. If thou, O
Lord, shalt mark iniquities,
Lord, who shall endure it!
For with Thee there is
merciful forgiveness; and by
reason of thy law I have
waited for Thee, O Lord.
My soul hath relied on His
word; my soul hath hoped
in the Lord.

Psalm 129 - *De profundis*



Excerpt from
The Lorica of St. Patrick
(St. Patrick's Breastplate)

I arise today
Through a mighty strength, the invocation of the Trinity,
Through a belief in the Threeness,
Through confession of the Oneness
Of the Creator of creation.

I arise today
Through the strength of Christ's birth and His baptism,
Through the strength of His crucifixion and His burial,
Through the strength of His resurrection and His ascension,
Through the strength of His descent for the judgment of doom.

I summon today all these powers between me and evil,
Against every cruel merciless power that opposes my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of women and smiths and wizards,
Against every knowledge that corrupts man's body and soul.
Christ shield me today
Against poison, against burning,
Against drowning, against wounding,
So that reward may come to me in abundance.

Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me,
Christ in the eye that sees me,
Christ in the ear that hears me.

circa 377 A.D.

Confiteor

I confess to Almighty God, to Blessed Mary ever Virgin, to Blessed Michael the Archangel, to Blessed John the Baptist, to the Holy Apostles Peter and Paul, to all the Saints, and to you father, that I have sinned exceedingly in thought, word, and deed: through my fault, through my fault, through my most grievous fault; therefore I ask Blessed Mary ever Virgin, Blessed Michael the Archangel, Blessed John the Baptist, the Holy Apostles Peter and Paul, all the Saints and you, my brothers and sisters, to pray for me to the Lord our God.



Confiteor Deo omnipotenti, beatæ Mariæ semper Virgini, beato Michaeli Archangelo, beato Joanni Baptistæ, sanctis Apostolis Petro et Paulo, omnibus Sanctis, et tibi pater: quia peccavi nimis cogitatione verbo, et opere: mea culpa, mea culpa, mea maxima culpa. Ideo precor beatam Mariam semper Virginem, beatum Michaelem Archangelum, beatum Joannem Baptistam, sanctos Apostolos Petrum et Paulum, omnes Sanctos, et te fratres, orare pro me ad Dominum Deum Nostrum.